

WOMEN'S SAFETY & EMPOWERMENT NIGHT

APRIL IS SEXUAL ASSAULT AWARENESS MONTH

LA COUNTY DEPARTMENT OF BEACHES & HARBORS
DOCKWEILER YOUTH CENTER

SHIELD

Women's self-defense system

www.shieldselfdefense.com



Violence against women is recognized today as a major issue on the international human rights agenda. Every 2.5 minutes a woman is sexually assaulted in the US. One in four college women will be sexually assaulted during her college years, according to the US Dept of Justice. The trauma of sexual coercion and assault at different stages of women's life-cycle leaves many women and girls with severe loss of self-esteem, aliveness, health, and autonomy. Rape is an act of brutality and is a degradation of the soul. It is a VIOLATION of the most intimate soulful core of the self.

This workshop will cover the realities of **SEXUAL VIOLENCE, PREVENTION STRATEGIES AND WOMEN'S SELF-DEFENSE SKILLS.**

Open FREE exclusively for women and girls.

Monday, April 23, 2012 from 6:30 - 8:30 pm

Dockweiler Youth Center

12505 Vista del Mar, Los Angeles (El Segundo)

Please wear comfortable exercise attire. This will be a workout session.

RSVP: (310) 854.9239 or info@shieldselfdefense.com